



Fact Sheet

South Carolina Department of Health and Environmental Control • www.scdhec.gov

Staph & MRSA Prevention Tips

Sports Teams

- Discourage sharing of towels, clothing and personal equipment
- Wash towels daily after each use
- Encourage showers using soap and hot water immediately after practice or competition
- Ensure adequate availability of soap, hot water, and clean cloth towels
- Establish routine cleaning schedules to disinfect shared equipment
- Establish routine cleaning schedules to disinfect common surfaces such as benches, locker handles, doors and door knobs, showers, bathrooms, and hydrotherapy equipment
- Cover all wounds, even if superficial. If a wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice and competition until the lesions are healed or can be covered.
- Train athletes and coaches in general hygiene and first aid for wounds
- Encourage athletes to report wounds and other skin lesions to coaches and encourage coaches to assess athletes regularly for skin lesions
- Refer players with infected skin lesions immediately for medical evaluation

Gyms & Fitness Centers

- Discourage sharing of towels, clothing and personal equipment
- Wash towels daily. If you provide towels for member use, wash towels after each use
- Keep up routine cleaning schedules to disinfect shared equipment
- Keep up routine cleaning schedules to disinfect common surfaces such as benches, locker handles, doors and door knobs, showers, bathrooms, weights, cardiovascular equipment such as treadmills, stairsteppers, bicycles and ellipticals, and Nautilus or other resistance training equipment.
- Encourage users to disinfect equipment after they have used it. Provide disinfectant and towels for each piece of equipment. Change the towels often.

At Home

- Clean and cover all wounds, even if superficial
- See your doctor if any wound becomes infected
- Don't share towels with others in the household
- Practice good personal hygiene. Wash your hands often. Use soap, warm water and clean towels

SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL

Region 7

Serving Berkeley, Charleston and Dorchester Counties

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